

spotlight on . . .

Market Heights

by Mindy Linetzky
Community Organizer, BHCF

As many New Bernal Journal readers are aware, BHCF is considering a plan to build affordable rental townhouses and apartments for working families above a parking garage at the rear of the Farmers Market. The farmers' stalls will remain out in the open air.

The following information is based on the plans we're currently considering.

What kind of housing is being considered?

120 townhouses and apartments (1-4 bedrooms) in the rear, hill-side area of the Farmers Market. These 2-3 story homes would be built above a locked parking garage which would be used only by market shoppers.

Who will live in these homes and are they affordable?

They're designed for working families. For example, a single parent with one child could earn up to \$28,550 a year and for a two bedroom apartment, would pay \$655 a month. A family of 4 could earn up to \$35,700 a year and would pay \$728 a month for a three bedroom home. This is not public housing — folks' incomes must be high enough to afford their rent. Also, priority will go towards Bernal Heights residents and their families.

How will the Farmers Market be improved?

The Farmers Market will remain an open air market. We're working with the Department of Agriculture to upgrade the stalls, adjust the parking spaces, improve the traffic flow, and spruce up the Market.

How will construction affect the Market?

The parking garage and the housing platform will be built in the off season, and alternative parking will be provided. The Market will not be closed at any time during construction.

How will parking be affected?

There will be the same number of parking spaces for farmers' trucks and market shoppers as currently exists. Shoppers will be able to park out of the hot sun in an enclosed parking garage below the new housing. This garage will be open on Market days and available strictly for shoppers. Residents of the new housing will have garages next to their homes and spaces on a newly created street for guests.

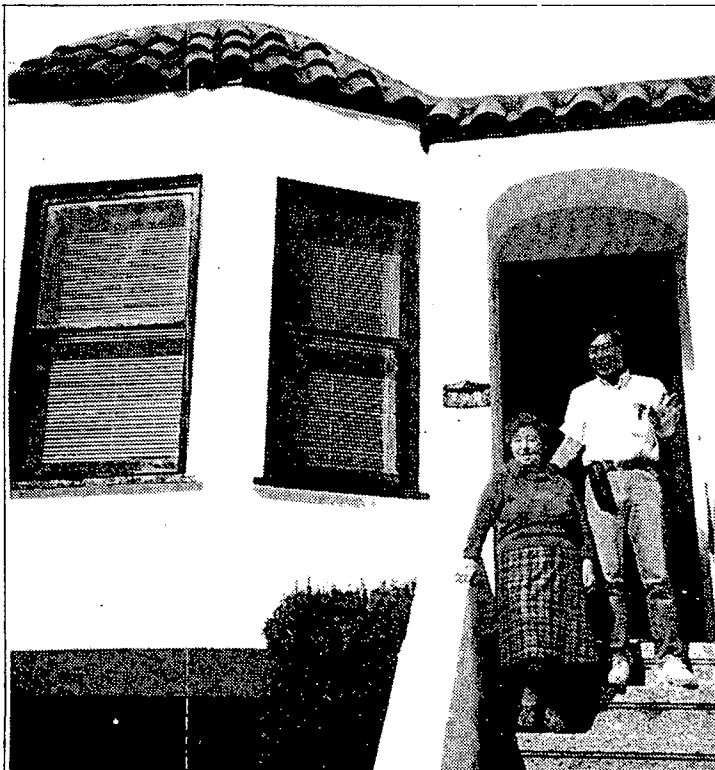
Who is planning to build the housing?

The Bernal Heights Community Foundation (BHCF) was founded in 1978 as a non-profit community organization with the mission of preserving the ethnic and economic diversity of Bernal Heights. BHCF builds and rehabilitates affordable housing, organizes block clubs, and provides services to youth, seniors, and families. To increase and preserve affordable housing, we've:

- * Constructed the Holladay Avenue Homes, enabling low-income families to be homeowners;

- * Built the Coleridge Park Homes, 49 apartments for low income senior citizens over the Standard Brands Paint Store on Mission Street which includes a community park and playground.

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This New House: A happy Julia Tarrango and proud contractor Vincent Tang come down the stairs of her completely renovated home. The \$30,000 project, financed through the Community Housing Rehabilitation Program (C.H.R.P.), was coordinated by Mike Noon, Housing Rehabilitation Director at the Bernal Heights Community Foundation.

NBJ Election Report

by Arthur B. Kalson

Once again voters will have the opportunity to make their voices heard, if not listened to. Although the *New Bernal Journal* does not take a formal editorial position on candidates or issues, we thought it might be worthwhile to consider some of the key ballot propositions that we'll have before us on November 6. Information has been graciously provided by the San Francisco chapter of the League of Women Voters. All biases will be painfully obvious.

Local propositions

Proposition A: This is a \$16.5 million bond issue that would generate \$39.5 million in state bond money. The money would be used to build or improve a jail medical facility and a work-furlough site. Bond measures usually make for boring reading, so

look out! We could end up paying heavily for what we don't understand. Any bond issue increases our debt. This one also increases property taxes. If we must increase our taxes and our indebtedness, is this a good reason to do it?

Proposition C: As things now stand, the Port is required to pay its operating expenses before repaying any bond indebtedness. This measure would reverse these priorities, as well as entitle the Port to establish its own procedures for issuing new bonds, to be approved by the Board of Supervisors.

Proposition D: If D passes, working conditions for police officers, firefighters, and airport police will be set by collective bargaining, with disputes settled by binding arbitration. The way it is now, salaries are based on surveys of other communities (Salary Standardization), and bene-

fits are either established by charter or negotiated. Would the City benefit by having these issues resolved by negotiation? Since City employees do not have the right to strike, what will police officers, firefighters, and airport police do if they aren't satisfied with the negotiations or the agreement?

Proposition E: The Nuclear Free Zone initiative. Both sides bought ads in this issue of the NBJ. The No on E ad is bigger because these people have a lot more money than the Yes on E people. That doesn't necessarily make them right or wrong. Do we citizens want nuclear weapons and material in our city? If Prop. E doesn't pass, and Prop. D does, what will the police officers, firefighters, and airport police say about how the presence of such volatile stuff affects their working conditions? How would you like to be the arbitrator for that one?

Proposition H: No, this isn't stuff you put on hemorrhoids. It's a ballot proposition that would require the City to prepare a "Waterfront Land Use Plan", and prevent it from taking any action on certain types of development until the Plan is prepared. If hotels and other uses are determined to be "Unacceptable Non-maritime Land Uses" they would be prohibited on the waterfront. The opposing faction, led by Mayor Art Agnos, hopes to build a Scandinavian cruise terminal at Piers 30 and 32. Those in favor want to revive San Francisco's maritime industry.

Proposition I and 1: Do we want a new neighborhood built on Mission Bay, or don't we? If there is one, how many of us will be able to afford to live there? The Yes on I people bought a full page ad in the NBJ, and gave out really neat yo-yos. They also support Proposition 1, which would exempt 4.8 million square feet of Mission Bay office space from annual Prop. M (remember Prop. M?) growth limits. Is the exemption request reasonable? Is it premature? Can you do "Rock the Baby in the Cradle"?

Proposition J: This would require the Board of Supervisors to appropriate at least \$15 million

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At its September 24th meeting, the Planning Housing and Development Committee of the Bernal Heights Community Foundation made the following motion:

"Be it moved that the PH&D Committee recommend the BHCF Board vote to move forward with the proposed 120 unit Market Heights development with the following understandings: (1) Alternative parking will be provided during construction of a housing platform so the Market can continue to function during construction; (2) BHCF staff will immediately consult with farmers to determine their desires regarding possible reconfiguration of

the Market; (3) There will be ongoing consultation with farmers regarding design and construction; and (4) That the community be invited to be heard at the Board meeting where the vote will be taken."

BHCF Members present: Diane Ross, Bill Sorro, Georgia Willette, Alan Bruce, Tim Molinari, Gerald Whitehead, Marci Wilson, Buck Bagot, Steve Antonaros, and Polly Marshall.

This special Board Meeting will be held on Monday evening, October 8th at 7pm in the Bernal Heights Neighborhood Center's first floor meeting room.

**It's not too late!!
Sign up for the hill-wide garage sale Saturday, October 13 or donate your saleable goods to the BHCF. For details, see Page Five**

new Bernal Journal

515 Cortland Ave.
San Francisco, CA 94110
(415) 648-0330

The *New Bernal Journal* is an open forum of the community sponsored by the Bernal Heights Community Foundation. It is dedicated to providing the people of Bernal Heights with neighborhood news, ideas, issues, and events. Articles express the views of contributors and not necessarily those of the Community Foundation.

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Mindy Linetzky has joined the BHCF staff as a Community Organizer. Mindy, a newcomer to San Francisco, worked in Chicago on voter registration drives and utilities issues. With a strong interest in affordable housing and affordable food, she wants to see the proposed Market Heights homes become a reality while the Farmers Market thrives.



The BHCF's Senior Program welcomes Xky Dixon, Bilingual Aide. Xky (pronounced "Sky") will be working on outreach to seniors in the neighborhood, especially Spanish-speakers. She will also help with volunteer coordination. Xky, who was a staff member several years ago, returns with a wealth of experience to go along with her enthusiasm and friendly personality.

Bernal Heights History from the pages of the *Bernal Journal*

August, 1978 :

On July 13, 1978, the San Francisco Planning Commission accepted Resolution No. 8017, with some amendments, by a vote of 6 to 1. This amended resolution was the acceptance of the Elsie Street Plan, on a one-year experimental basis. It recognized the Neighborhood Building Review Board, established by the Northwest Bernal Block Club, as an advisory body to the Department of City Planning.

In the most controversial measure on the ballot, Prop. 13,

while California's voters gave the measure a two to one victory, and San Francisco's voters narrowly defeated it, Bernal rejected Jarvis-Gann by almost three to two.

August/September 1983:

Josephine Iudice, a 90 year old resident of Bernal Heights, was one of three people inducted into the San Francisco Hall of Fame during the San Francisco Urban Fair. She was selected because her life story reflects the history of the city. Her early childhood was spent in North Beach.

hood was spent in North Beach. She moved to Bernal after the 1906 earthquake. Her husband had a barbershop on Cortland at the site were the Neighborhood Center now stands.

A member of St. Kevin's Church, she is still active in the community, and often leads the songs for the Senior Program.

Josephine Iudice's induction came through the efforts of Ruth James, a Bernal resident who wrote Mrs. Iudice's biography with the help of Bernal Historian Lee Egger.

Editor's Farewell Message

by Arthur B. Kalson

This is my last issue as Editor of the *New Bernal Journal*. I've had a wonderful, frustrating, exciting, maddening, exhausting, and educational year and a half, but the time has come for me to move on. Before I do, I'd like to make a few final observations.

On Thursday, September 13, I attended a SF Neighborhood Newspaper Association luncheon meeting with Mayor Art Agnos. He had just returned from Sacramento, where he'd managed to stave off a portion of the deep cuts to our state funding for Health and Human Services. Although he might have pointed to this as a success, he was not optimistic.

"This is only the beginning," he told us. "These cuts are going to continue for the next five years."

What does this mean to Bernal Heights? First, the Twentieth Street Mental Health Clinic is closed for good. Although the Mayor promised to absorb the employees into the City payroll somewhere, this unique facility is lost. Our neighborhood Head Start Program is in jeopardy. Ostensi-

bly closed down as part of an inspection process, Head Start is seeking a new location, where the rent will probably be twice as high.

If these cuts take place this year, what will we lose in 1991 and beyond? Our branch library has been threatened many times in the past, and there is no reason to think that it is safe now. Funding for children's services keeps decreasing, and families are facing a bleak future.

There are more homeless, more "medically indigent" (a fancy term meaning people who can't afford a doctor when they're sick), more abused children, and more street violence. Drug-related crime has gotten so bad that we find conservative Governor Deukmejian's Drug Task Force recommending decriminalization as the only way to deal with the soaring costs of dealing with the problem. The Governor rejected the findings of his own panel.

Justifiably fearful of violence, we clamor for more and more police protection, and our government, on all levels, is more than willing to give it to us. Now we have Army helicopters and

infantry invading Humboldt County, and dirt bike patrols on Bernal Hill. Are we safer? Do we even feel safer?

The real issue of the 90's is the threat to our freedom. Our personal lives are scrutinized with every job or credit application. We're warned against dangerous books, pictures, thoughts, and ideas. The symbol is protected, while what the symbol represents is threatened. As the Eastern bloc countries struggle to emerge from decades of repression and develop democratic processes, we find our own liberties being systematically eroded in a typically American fashion. The clamping down on our artists is simply a harbinger of what will befall all of us. Here's how it works:

As the economy worsens and government assistance diminishes, community groups compete for shrinking dollars and try to supplement their meager resources by seeking corporate donations and foundation grants. As the number of desperate requests and proposals increases, those who have money can pick and choose those agencies they

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Election Report

per year, adjusted for inflation, to the Housing Affordability Fund. Under extraordinary circumstances, as determined by a vote of two-thirds, the Board would only appropriate a minimum of \$5 million. Although the City already has this fund to assist in providing low and moderate income housing, there has never been a policy stating just how much money should be in it. Prop. J would establish such a policy by ordinance. Lots of times in politics, things are linked. If this measure passes, will the first appropriations be used to help low and moderate income folks by a place in Mission Bay (if that passes)?

Proposition K: This year's version of the Domestic Partners proposition. If passed, Prop. K would allow two unmarried, unrelated people over the age of 18 who live together and share responsibility for living expenses to establish their relationship formally by signing a Declaration of Partnership, paying a fee, and filing the notarized and witnessed declaration with the County Clerk. This law only allows the Declaration of Partnership; it doesn't require it. Nor does it cover the really important questions, like whose turn it is to do the dishes or change the kitty litter.

State Propositions

Propositions 126 and 134: These controversial numbers are meant to do something about the terrible problems we associate with alcohol abuse. Proposition 126 is sponsored by the liquor industry and 134, a much more stringent measure, isn't. The liquor industry has spent enormous amounts of money to defeat 134, which they claim

will cause them to suffer huge financial losses. Their opponents want the powerful liquor industry to take more responsibility for the social costs of alcohol abuse. Remember: don't drink and vote.

Proposition 127: If this constitutional amendment passes, construction or installation of earthquake safety improvements would be exempted from property tax assessments. Although a tax break would encourage people to fix up their buildings, the Legislative Analyst warns that the loss of revenue to the State could be in the millions of dollars, which would be borne by cities, counties, special districts, and possibly schools and community colleges. Since many of us, one year after the Loma Pieta Quake, are still waking up in terror every time a truck goes by our house at night, we should weigh our decision on this issue very carefully.

Proposition 128: Big Green. This measure controls pesticides, offshore drilling, and water and air pollution. It bans clear-cutting of old-growth redwood forests and provides \$200 million for old-growth acquisition. Some people think it's a step in the right direction; others consider it to be a step in the left direction.

Proposition 130, known as "Forest Forever", and Proposition 138, the "New Forestry Initiative", are competing for your vote. Prop 138 is supported by many members of the timber industry as a less radical alternative to Prop 130. Prop. 130 supporters point out that a strong measure is needed to counteract excesses by the timber industry. Maybe we fed-up citizens should make the timber interests pay for the social costs of alcohol abuse and and force the liquor industry to save the forests. When everything's the way we want it, we'll celebrate with a huge beer party in an old-growth redwood forest. We'll recycle all the bottles and cans, of course.

Proposition 136: This proposed constitutional amendment would require a 2/3 vote to increase many types of taxes. Since Proposition 13 passed, loss or deterioration of services has caused many people to take a hard look at the advantages and disadvantages of limiting government's ability to raise revenues via taxation. Opponents of Prop. 136 see this measure as being too restrictive, while supporters do not want the changes they achieved from Prop. 13 to be eroded.

Propositions 129 and 133: These are two different anti-drug bills. Prop. 129 would create an Anti-Drug Superfund, appropriating \$1.6 billion over the next eight years for state, county, and city governments for drug enforcement, treatment, and gang-related purposes. The money would come from new taxes and bond issues.

Interestingly, this constitutional amendment would also ensure that specific provisions related to the rights of criminal defendants would not abridge the right to privacy as it affects reproductive choice. Pretty vague language. What rights have criminal defendants gained or lost? How about the rest of us?

Prop. 133, a new statute, would increase the Sales Tax by a half-cent to establish a Safe Streets Fund in the State Treasury. 52% of the money would go for drug-law enforcement, prisons and jails; 42% would be for anti-drug education; and a whopping 8% would be left over for Treatment. Loopholes would be closed to keep repeat offenders and particularly nasty types in jail longer. Dick Nixon used to say that you can't throw money at problems. Take your pick.

Proposition 131: A constitutional amendment that would limit terms of office for statewide

officials to eight successive years; and state legislators and Board of Equalization members to twelve successive years. It limits gifts to state and local officials, enlarges conflict of interest prohibitions, establishes campaign contribution limits, and authorizes special prosecutors. It prohibits use of public resources for personal or campaign uses. Wasn't this illegal already? Why not?

Prop. 131 also substantially repeals Ballot Measures 68 and 73 from the June, 1988 election. Would anyone like to look those up? We voted for them, and now they're being over-ridden.

That's just a sampling of some of the issues that we citizens have to consider. It all seems

overwhelming. But we Americans are an optimistic lot. Despite a lifetime of frustration and disappointments, we still get up on Election Day with hope in our hearts, walk into the little booth, and poke holes where we think they'll do the most good.

See you at the polls on Tuesday, November 6!

Veterans Day November 11



Congratulations to Helen Helfer, BHCF Executive Director, who has just been graduated from a long and difficult affordable housing development training program sponsored by Local Initiatives Support Corporation (L.I.S.C.). Now she knows what pro forma means! Financial Officer Jeff Bachman, and Community Organizer Mindy Linetky, who will eat pizza at the slightest provocation, help her celebrate.

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Market Heights

* Renovated 72 homes in the neighborhood through our Housing Rehabilitation Loan Program and funnelled \$1.3 million in loans into the community.

What about the Recycling Center?

According to the Director of the Center and the Mayor's Office of Recycling, the Center is closed permanently due to financial problems, and will not reopen.

What is the City's role in this development?

The City owns the land where the Farmers Market operates. The City will lease the land to the BHCF at a low cost, which helps enable us to keep the rents affordable. Also, the City is helping us finance this development.

We'll keep you aware of changes as they happen. If you have other questions, concerns, or new ideas, please give us a call at 648-0330, or fill out the coupon below. We want your input!

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Editor's Farewell Message

deem worthy of receiving their largesse. And woe to the organization that is not properly grateful!

This is no mere abstraction. Twice during the past year I made what I considered at the time to be relatively minor editorial decisions that representatives of BHCF donors found offensive. In each instance, spokespeople for the corporation and foundation involved contacted Helen Helfer, Executive Director of the Bernal Heights Community Foundation (my supervisor), and Gerald Whitehead, President of the BHCF Board of Directors. The BHCF was threatened with having some much-needed funding withdrawn because of insufficient appreciation by the *New Bernal Journal*.

Helen, Gerald, and the rest of the Board supported my decisions in both cases. But as non-profit agencies like the BHCF struggle to sustain community-based organizations in an era of less money and more repression, one wonders how much longer they will be able to resist the pressure.

This is censorship American style, neighbors. It's not the dramatic smashing of printing presses or computer terminals. It's not as violent as it is in other countries. It's "as long as we pay the bills, you'd better do what we say." It's the American Squeeze.

As our economy deteriorates, we're all feeling the American Squeeze. Even those of us who have not as yet been branded criminals, or, almost as bad, unappreciative, are finding it harder to make ends meet. We need shelter, food, and heat. We need medical care when we're sick and education for our children. It's difficult to maintain our courage and our principles when we're just one paycheck away from homelessness, or one illness away from bankruptcy. We're being Squeezed.

Meanwhile, more and more of what we consider to be perfectly ordinary normal behavior is under government surveillance. Am I just being paranoid? Remember: every atrocity that the Nazis committed during World War II, and every horrible thing that the Khmer Rouge did in Cambodia during the Vietnam War, was legal, and their victims were called criminals.

I wish I had a sweet and uplifting conclusion to this essay, but, the fact is, I'm just as fearful and desperate as every one else. I'm feeling the American Squeeze. Although I love my neighborhood, and love being the Editor of the *New Bernal Journal*, I have resigned because I need to earn more money. As my body begins to experience the deterioration of middle age, I am forced to put aside my devotion to Art and Principle, because my landlady wants cash. I find it hard enough to give up working for Bernal Heights; I hope I don't ever have to give up living here as well.

So, Bernal Heights, thank you for your support and trust. Let's all keep reading the *NBJ*, go to meetings, know our neighbors, care about our neighborhood. If you should happen to see me drinking coffee at the Cafe Commons; or the Deli Pub, or Toni's Tradewinds Cafe, step up and say hello. I'm the one reading the want-ads.

October 9 John Lennon Imagine!

Market Heights: Affordable Housing for Families

The Bernal Heights Community Foundation is proposing an affordable family housing development near the Farmer's Market. If you think you qualify for one of the units and would like more information, please fill out the form below and mail it to: BHCF, 515 Cortland Ave, San Francisco, CA 94110.

Name _____ Phone _____
Address _____ City _____ Zip _____
Size of unit needed: 1 BD _____ 2 BD _____ 3 BD _____ 4 BD _____

Current Income Maximums (1990 figures, adjusted every year):

- For a family of 1: \$18,100
- For a family of 2: 28,550
- For a family of 3: 32,150
- For a family of 4: 35,700
- For a family of 5: 37,950
- For a family of 6: 40,150



The Holly Court Tenant Association designated June 9, 1990 to be their Beautification Project Day. In conjunction with San Francisco Alive and the San Francisco League of Urban Gardeners, plants were donated to the tenants for this project. Tenants signed up to receive plants, vegetables, flowers, etc., and were assisted by the Conservation Corps and various other volunteers with the planting. Barbara Terry, Kristin Richards, Eddie Vela, Mauricio Vela, Assistant Director of the BHCF; Imre Mandoki, President of the Cortland Avenue Merchants Association, Holly Court Tenant Association Officers Gloria Buck (Secretary); Bernice Castang (Vice President); and Bobbie Washington (President) have put in a hard satisfying day's work to make their neighborhood bloom.

Local Census Workers Claim Unfair Treatment

Census employees of the San Francisco-South District Office are claiming that they have been denied payment of promised incentive bonuses.

Tiki Hadley, Vice President of the Alemany Tenants Association and a Census Crew Leader rated as "outstanding" by her supervisor, brought the NBJ a copy of the petition that she and her outraged co-workers circulated and sent to the United States Census and various public representatives. Following is the text of that petition:

We, the undersigned field employees of the San Francisco-South District Office of the United States Census, wish to publicly advise that said office has indicated its intent not to distribute a total of approximately \$35,000 in individual incentive bonus payments promised as a condition of employment in the Field Follow-up Census Operation. We wish to strongly assert our belief that we are entitled to payment of the sums involved, both as a matter of contractual obligation and as a matter of basic ethical propriety.

On Friday, July 13, 1990, a staff meeting was held at the District Office, including the Regional Census Center Autotech, the District Office Manager, the Assistant Manager for Field Operations, and all Field Supervisors. Supervisors were advised that a series of incentive bonuses would apply to the Field Follow-up Operation. The incentive bonus policy was announced by Jerry Dixon, Autotech, representing the U.S. Regional Census Center for

Northern California. The incentive payments were to be... \$1.50 for each case successfully completed by an enumerator; \$.20 per case for each Crew Leader; and \$.05 per case for each Field Supervisor. The Supervisors were directed to advise the field personnel of the incentive payment policy, which they did.

Over 300 field personnel began the operation on Friday, July 20, strongly motivated by the assurances that incentives had been offered. Over 19,00 census cases were completed at an unprecedented rate for the district and for the region. Enumerators competed to complete initial address listing sets in order to receive priority in assignment of the limited sets remaining. An operation originally scheduled for completion in two to three weeks' time was substantially completed within eight days. This calculably saved the Census Bureau \$100,000 or more in regular daily wages-wages that would no longer be available to most field personnel because there was no further work for them to perform.

On Friday, July 27, field personnel were advised that the District Office had "erred" in promising them incentive payments, and that no such payments would be made.

The undersigned wish to state their strong conviction that incentive payments should be distributed as promised. As loyal workers of the United States Census, we urge the Bureau of Census, and our public representatives, to support us in this just claim.

Neighbors to the Rescue!

by Gloria Buck, Secretary
Holly Court
Tenant Association

Recently, one of the residents of Holly Courts was the victim of vandalism. After planting a neat garden area in the front of the house, someone maliciously destroyed all the plants and flowers. The tenant was met with threats when complaints were voiced about this vandalism.

At the next monthly tenants' meeting, this situation was brought to the attention of the

other residents. The other tenants quickly volunteered help to replant the garden and offered reassurance and support to the victim regarding the threats.

Holly Court tenants are no longer content to sit by and watch their lives and apartments destroyed by vandalism, drugs, threats, and other forms of violence.

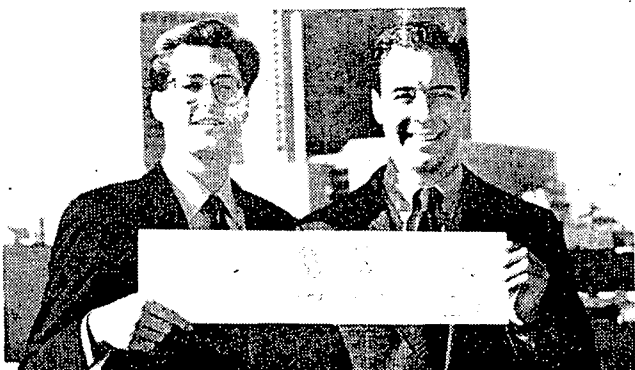
We stand ready to fight for a safe, beautiful, drug-free neighborhood and to support one another to this end.

We will succeed!

**Have a
safe
and
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Love and Violence: an Observation

by Donn K. Harris

Reports of recent killings in San Francisco are beginning to make many people believe that Saudi Arabia is not the only war zone with which we must be concerned. The urban landscape is increasingly filled with gunshots, sirens, and the other ugly sights and sounds of people's warlike hostility toward one another.

The details of each incident would perhaps offer some clue as to how the fatal situation developed, but for those of us who only read about these events in the newspapers, or hear about them through the electronic media, some basic things are frighteningly clear; violence is everywhere, and death follows shortly thereafter. San Francisco is not a physically large city; one cannot easily hide from the impassioned madness and random cruelty of its beautiful, troubled streets.

The same mentality that has sent bored and self-righteous soldiers to the deserts of the Middle East would fill our streets with bored and self-righteous police. The idea here is that apprehension and removal of violent elements would solve the problem. Every neighborhood in the city wants extra patrols, extra officers, extra attention, and each

can probably find strong justification for its special need.

Bernal Heights is no different. We are not strangers to trouble; our pain spills on to Cortland Avenue, and not long ago our brother died off Alemany. But there aren't enough police to ever cover the infinite multiplications of despair and misery. We can scream from now to the next budget, but there won't be enough hired hands to come in and clean up our problems.

Perhaps it is no coincidence that a recent surge of killings has come at summer's end, when—for many schoolkids—months of boredom and purposeless feuding have reached their unfortunate conclusion. Simply, something needs to be done for the teenagers and young adults of our city. We need youth programs, we need neighborhood sports teams, we need countless other ways of bridging the gap between love and violence, ways we haven't even imagined yet. We need to have places where all voices can be heard. These things are cheaper than police. Somehow I think they're more effective, and they are probably fairly easy, even fun, to accomplish, given a little attention and a little money and a little volunteer time.

The other night I was driving on Cortland, slowly inching up

the hill from Bayshore. It was about midnight and the Avenue seemed quiet. Off to the left, however, down a dark and hilly side street, I saw two paramedic ambulances parked awkwardly, their spinning lights marking the night with a kind of hypnotic drama. I do not know what they were there for; I have never asked. We can only hope that it was a minor incident with a happy ending. The paramedic whose face I caught a glimpse of in the revolving lights looked bored enough, God knows. He has probably seen quite a bit lately, and when he looks on the night streets, he probably sees a cauldron of anger and aggression.

These days the streets are starting to look the same way to me. It makes me want to inject them with just a little more love, just enough to ease their pain and soothe their violent soul.

**Vote!
Tuesday
November
6**

Garage Sale Participants (as of October 1, 1990)

Bernal Heights Community Foundation Board and Staff Table
In front of the Neighborhood Center at 515 Cortland Avenue (across from the Library)

Bernal Heights Community Foundation Senior Program

Also in front of the Neighborhood Center

Frances McHugh - 119 Ripley (near Folsom)

Refrigerator - \$300; Diningroom set with china cabinet \$800;
gym lockers \$35; night stands and bedboards \$30

Beulah Heagren - 130 Newman (bet. Andover & Bennington)

Freezer - \$30

Richard and Carol Bee - 113 Newman

Armoire (Oak Antique) - \$200; Couch with matching chair - \$150; - \$50 each;

2 fuji men's bikes - \$150 each

Beverly Jackson - 39 Mirabel (near Coso)

Two drawer chest; wicker table

Harry Mallinoff - 9 Prospect (near Coso)

Pigskin Sofa and Table; Laser disc player; antique bamboo cabinet

Natalie Lopes - 125 Bradford (near Cortland)

Leslie Simon - 117 Brewster Street (near Costa)

Sabin Russell - 98 Cortland Avenue (at Prospect Street)

Tess Beistel - Also selling at 98 Cortland Avenue

Carol Buck - 185 Elsie Street (at Eugenia and Virginia)

Dan B. McCullar - 107 Elsie Street (near Esmeralda)

Oak book case - \$100; 10 speed bicycle - \$100;

cedar shingles (10 bundles) @ \$20 each (discount for all 10)

James and Monica Long - 92 Elsie Street (near Esmeralda)

Diningroom Set - \$300 or best offer; Crib and mattress \$75

Diane Ross - 181 Bonview (near Eugenia Avenue)

Hida-bed couch - \$100

Bud Robbins - 150 Bocana (at Wool)

Peter Leaf - 353 Winfield (near Cortland)

13" high color TV; Teac reel to reel tape recorder

Greg Albertson - 237 Gates (bet. Cortland and Eugenia)

Upright piano

Suzanne Demong - 672 Prentiss (bet. Crescent and Ogden)

Sally Rosen - 608 Anderson (near Ogden)

Georgia Willette - 532 Alemany (near Ellsworth)

Thea Schrack - 80 Montcalm (between York and Mullen)

Molly Lambert - 1641 York (near Montcalm)

Old Wedgewood Stove

Christine Victoria - 801 Moultrie Street at Crescent

Sam Chase - 73 Waltham Street at Alabama

Two single pane window casements with gorgeous redwood trim.

Each window is approximately 30" x 60". \$200 each or best offer.

Bernal Heights Garage Sale

You can still register for the Bernal Heights Garage Sale!

Use the form below. Late registrants will be included on a participant list available to all at the Bernal Heights Neighborhood Center, 515 Cortland Avenue, on Saturday, October 13.

Sell your things in front of your house anytime from 10am-4pm. You may also sell your own things in front of the BHCN Center if you bring your own table. Just show up on October 13 and pay your \$5 registration fee.

If you don't want to sell

your own things, but you want to clear out the basement, you can donate your used items to the BHCN. BHCN Board members, staff, and seniors will be selling donated items in front of the Neighborhood Center on October 13 to benefit the Center and senior programs.

If you have items to donate, bring them to the Neighborhood Center, 515 Cortland Avenue, between 9am and 5pm the week before the garage sale (October 8-12). You can also drop things off on Friday, October 12 until 7pm and Saturday, October 13, between 9am and 10 am.

Absolute deadline is noon, Friday, October 12.

Please list me as a participant in the October 13 hill-wide garage sale. My check for \$5 (\$2 for low income) made out to the BHCN is enclosed.

Name _____

Address _____

Cross Streets _____

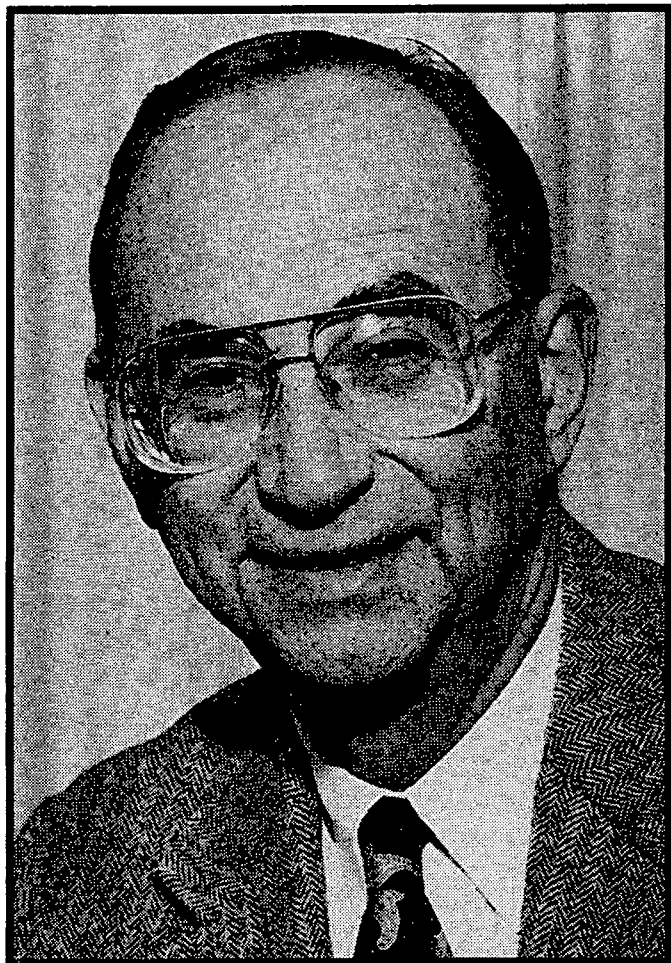
Telephone number _____

Big Ticket Items _____

I pledge 5% (or more _____%) of my sales to BHCN (optional)

Mail or drop off by noon, Friday, October 12, to:

Garage Sale
515 Cortland Avenue
San Francisco, CA 94110



PAID FOR BY THE KOPP FOR SENATE COMMITTEE
TREASURER: JOHN ZANTE, ID #860315

ON THE JOB FOR OUR NEIGHBORHOODS.

Senator Quentin Kopp has been the independent voice for neighborhoods such as ours—on the Board of Supervisors for more than 14 years, and in the State Senate for the past 4 years.

- ★ SENATOR KOPP authored legislation enabling the Little People's Workshop, a child care cooperative in Bernal Heights which operates out of a store front, to be exempt from a licensing requirement stipulating that all child care facilities operate from a home.
- ★ SENATOR KOPP, as chairman of the Senate Transportation Committee, authored legislation that for the first time will allow gasoline tax revenue to fund mass transit projects like Muni Metro extensions and CalTrain.
- ★ SENATOR KOPP champions the extension of BART directly into the San Francisco Airport.
- ★ SENATOR KOPP responded to the impending loss of 8,000 low-income housing units in San Francisco by the year 2007, by pursuing legislation to provide state tax incentives to preserve affordable housing.
- ★ SENATOR KOPP's law will require the Bay Area's 24 independent transit districts to issue and accept transfers from each other at all connecting points.
- ★ SENATOR KOPP obtained corporate grants for such San Francisco agencies as the St. Kevin's Summer Program, the Little People's Fishing Program, Shriner's Hospital and the Recreation Center for the Handicapped.
- ★ SENATOR KOPP is the first State Senator, representing the 8th Senate District, to open his district office within the District in San Francisco. The office is located at 4830 Mission Street. Its telephone number is 469-6333.

TO THIS WE SAY...

"Great Job, Senator Kopp!"

RE-ELECT SENATOR QUENTIN KOPP ON TUESDAY, NOVEMBER 6.

Arts & ENTERTAINMENT

October 90			
SUN	TU	WED	THU FRI SAT
3158 Mission 282-4325 your dive!	Comedy Night 9-11	Cocktail Party 9-11	El Beergarden noon-7
Tree House on open mike 9-12	Sandy Van Scott Capurro Shan Carr Bridget Burke	Shock Treatment DJ Peggy Key	5-7 Dance/Lounge 5-10
Blazing Redheads Rhythmo-Fusion	Marilyn Pittman Maureen Brownsey Ed Marquez Be Be	Dana & Friends An Evening of Gold Glitz & Glamour c Dan Morgan d Carlos Grant	Spot 1019 The Mices Pieces of Lisa
John Dilao Tropical Breeze Tropical Variety	Marga Gomez Ngaio Bealum Karen Ripley Rocky Cologne	Lady Bobette Harlow, Grant Dupont c Michael Uryga d Peggy Key	Flipper Assassins of God Yes No Maybe
12th Anniversary Party Grupo Sinigual Marga Gomez, Kitty Glamour	22-23 your hosts Michael & George	24 Diane Amos Laura Milligan Dan Morgan Howard Stone	Zsa Zsa House Major Ponds Reunion Party MVP Motown
28 VOZ Pop, Brazilian Lambada	29-30 no cover	31 Halloween Party Comedy dj Dan's Tom Ammiano Sister Woman dj Clay no cover come in costume	27 Eskimo Helen Keller Plaid Five Year Plan
			Female Impersonator Exotic Dancer Comedian D.J.



Tomás Shuster and his friend Coë contemplate the relationship between esthetics and economics.

Neighborhood Artist: Tomás Shuster

Tomás Shuster is two people. First, he is an artist, a dreamer who sculpts his vision into porcelain and bronze, or molds it in bas-relief and cast mask. Since he is a former dancer, most of his sculptures show realistic human figures with detailed musculature, pointed feet, and a dance orientation. Although one might be tempted to describe his work as Classical, Tomás points out that his stone shapes are abstract, even though easily recognizable people and objects might inhabit them.

The current climate of censorship, which Tomás calls 'odious and ridiculous', isn't anything new for him. "I do the body. The public would mostly prefer not to see the body. I've always had trouble selling what I do and what I like. I've had art dealers say 'these pieces are kind of naked.'"

His work is illustrative, telling tales rich in allegory and symbolism. "There are worlds inside us, worlds of beauty, strangeness, and power, things that we just glimpse as we're falling asleep. I try to get at those hidden worlds."

But there is another side to Tomás Shuster, what he calls his "alternate personality". As he explains it, "No artist is comfortable dealing with the business aspects of the art world. When I sell my work, I have to become this other person. I can't be dreamy and sensitive and get any work done as far as marketing."

Tomás received eighteen rejections from galleries, one after another, before being accepted by the prestigious John Pence Gallery on Post Street. "My alternate personality, a hard-driving little guy on the balls of his feet, doesn't take rejection personally. He knows he's going to make it."

Instead of doing expensive one-of-a-kind pieces, Tomás has learned to create art in multiple editions that can be reproduced and sold more cheaply, thus reaching more people. He has found that this has given him the creative opportunity to explore different colors and painting techniques.

Although he speaks boldly, Tomás has come around to this way of thinking relatively recently. Until six months ago, he

earned most of his living as a Registered Nurse, working at San Francisco's Kaiser Hospital Emergency Room. Giving up nursing put it all on the line for him. "There's always work for nurses," he told us. "Life is so f**king hard, and it all ends in death anyway. The world needs beauty, the world needs my art, more than it needs my nursing. Quitting my job is the best thing I ever did."

Tomás has been a Bernal homeowner for seven years. "Bernal Heights is a great little neighborhood, the last country neighborhood in the city. Some of the best light is here. There are lots of other artists, too. I can walk around and visit them."

If you would like to walk around and visit Bernal Heights artists, including Tomás Shuster's studio at 20 Massasoit, you'll have an opportunity on November 11 and 12, during the annual Open Studios Program. For more information, including a complete list of neighborhood artists who will be opening their studios to you, call 861-9838.



Buffet Flat, our neighborhood bookstore, features live entertainment almost every weekend. On Saturday, September 15, Bernal Heights musicians Doug Holloway and Rory McNamara spin a few tunes for Robin Belcher, Tristan Holmes, Sam Brase, Austin English, and Derek Posner.

Magic Comes Back to the Theater

by Demece Garepis

This fall, San Francisco stages have brought back magic and wonder for people of all ages. Canada's production of *Cirque du Soleil* combined wildly creative lighting, costumes, and jazz. High flying acrobats and hilarious German-trained clowns dressed as ordinary people thrilled, amused, and enthralled everyone.

Eureka Theater presented the Blindlestiff's production of *Dark Circus*, a bizarre satirical examination of how we (and the political system we live in) stifle and distort humanity. Both circuses brought the audiences into the drama; whether we laugh or are provoked, it's the emotion we bring out of the theater and put back into our daily lives that really counts.

While waiting to go into the Eureka Theater's sold-out performance of Blindlestiff's ensemble company production of *Dark Circus*, we were led through the theater to the backyard alley. On the way through the theater, we examined David Ford's amusing and sickening curatorial oddities: an impoverished starving artist, perverted mimes, and a market woman selling a pile of bones.

After the eerily lit dark theater, punctuated by the sound of loud bullhorns, the quiet, festively designed alley seemed like a relief at first. But then came a scurrious band of vaudeville acrobats, dancers, singers, flame swallowers, and roof jumpers. The acrobats fell, the dancers

limped, and the singers whined, all to the amusement of the audience, and the anger of the sadistic female ring master. As the acts developed, an actor who sat among the audience heckled the circus performers for their incompetence, and the ring master's cruelty to them.

When the king bureaucrat (the Ubergenie) arrived, the actor jumped out of the audience and attempted to organize the terrorized performers. The authoritarian figure of the Ubergenie had a monstrously large green head mask, and was terrifying to look at, much less stand up against. It was particularly riveting because we were all huddled together outside the theater in an alley, watching a troop of maladjusted performers create an absurd spoof of contemporary music and try to fight the authoritarian rules that govern us. I found the Ubergenie supernatural in a dark evil way, so that I'm still walking around my house saying to myself his only line "I am the Ubergenie". Who knows who the Ubergenie is really? I think it's all of us.

Keep looking for Eureka Theater's magically lively, socially thought-provoking theater this fall, located at 2730 16th Street at Harrison (558-9898). Also, check out Rick Reynolds' *Only the Truth is Funny*, playing through December 2 at the Improv, 401 Mason Street at Geary (441-7787), and Steven Berkoff's *East* at On Broadway Theater, 435 Broadway (435-1528). Put more magic into your life and go to the theater!

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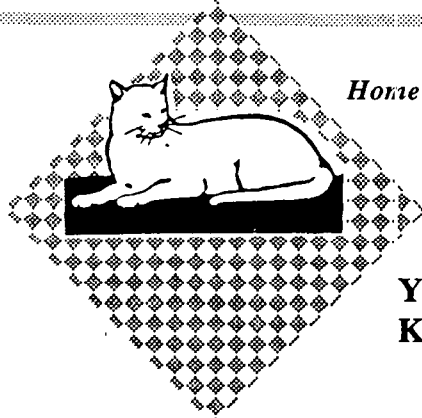
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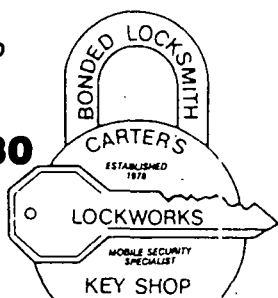
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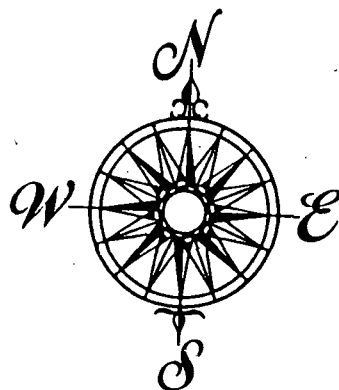
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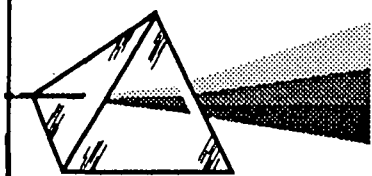
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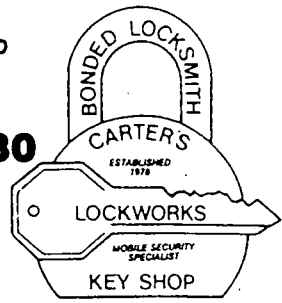
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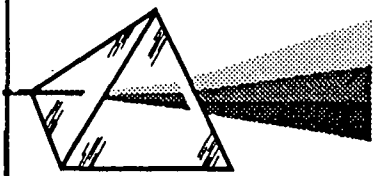
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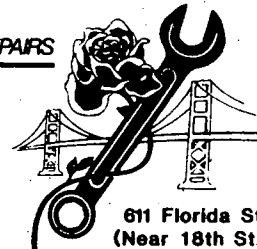
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October, 1990

October 9, 2pm: Magic Dan Sneider, the magician
October 16, 10:30am: Films for Preschoolers
October 17, 7pm: Films for families
October 31, 7pm: Halloween
Scary Stories Told in the Dark
for children and their parents

November, 1990

November 13, 10:30am: Films for preschoolers
November 14, 7pm: Films for families
November 28, 7pm: Bernal Heights Oral History Evening
A family event. Come share your stories about Bernal Heights.
We'll be taping them for your great-grandchildren!

Preschool Storytime every Tuesday at 10:30am
Family Evening every Wednesday at 7pm.

Our new Branch Head, Dottie Myers, comes to us from
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por la Hermana Maria Elena
traduccion: Stella Loaisiga

La Iglesia de San Antonio continúa respondiendo a las necesidades del vecindario, colaborando con varias agencias existentes a fin de promover la dignidad humana e las personas de la comunidad. Una de tales agencias es el Programa SHARE.

SHARE comenzó en San Antonio en Febrero de 1989, suministrando "mas comida por menos dinero" cada mes. Pagando solamente \$13 y donado dos horas de servicio comunitario al mes. Una persona resulta elegible para recibir un paquete de comida con valor entre \$25 y \$35. Entre los que disfrutan de estos beneficios están los mayores y los inmigrantes recién llegados de Centro América. Puede apuntarse a la entrada de la Iglesia San Antonio un Domingo al mes de 9am-1pm.

Elizabeth Egger fue "La promotora inicial" de SHARE, en colaboración con Natalia Panameño. Elizabeth pasó su trabajo a Jean y Shirley Nelson en Junio. Otros voluntarios activos son: Mabel Zamacona, Flora Catlin, Shirley Nielson, Kathy

Namba, y Luz Elena Magana.

El requisito de dos horas de servicio comunitario es un aspecto muy valioso del Programa SHARE y mejora las condiciones de vida de todos en la comunidad. Algunos participantes ayudan en la bodega de SHARE, empacando comida o trabajando en proyectos especiales. Otros ayudan con las actividades diarias en la Iglesia de San Antonio. El interés principal es invitar a la gente a ahorrar hasta un 60% en comida y ayudar también a la comunidad.

SHARE es solamente uno de los programas de comida en la cadena de San Antonio. El Programa Brown Bag, Programa Caja de Comida Emergencia, y Proyecto Mano Abierto, que entrega comida a personas con AIDS o ARC, son otras formas en las cuales la necesidad básica humana para comida y cuidado son suministrados con un toque especial en San Antonio.

Para mayor información sobre como puede participar en SHARE, o ayudar con cualquiera de los programas de comida, llamar a la Iglesia San Antonio, 647-2704.

Health Focus

by Jeanette Conley, R.N.

Wheatgrass is a multipurpose juice. It aids digestion and cleanses the mouth tissues. It stimulates the immune system and works as an antioxidant. Wheatgrass is made from wheatberries. They are soaked and sprouted, and left to grow on rich soil until they are 4-6 inches high. They are then cut and juiced to make a very potent and strong drink. The juice has a sweet, pungent taste, and is best drunk 1-2 hours after juicing. People who are allergic to wheat are usually not allergic to the grass or juice.

Wheatgrass is high in Vitamins A, B, and C, and rich in chlorophyll. It is about 47%

Wheatgrass

protein, just the same as beef. It is loaded with minerals, such as calcium, iron, magnesium, phosphorus, potassium, sodium, sulphur, cobalt, and zinc.

Chlorophyll is a molecule that is similar to hemoglobin. A high amount of chlorophyll assists the blood building properties of our bodies. It is most effective for anemias and blood disorders. The digestive tract is cleansed by chlorophyll and enzymes. They help extract toxins from the tissues of the gums and stomach. Wheat grass swished in the mouth is an excellent mouthwash. Sensitive stomachs are calmed by wheatgrass.

The immune system is assisted by wheatgrass juice. Laetrile is very high in the juice. Scientists have found that laetrile

destroys cancer cells and leaves normal cells untouched.

Antioxidants are abundant in fresh juice and assist the body to remove toxins. These antioxidants bind with the lactic acids and pollutants of the body, and are excreted in the urine. When left in the body, these toxins cause headache, stomach ache, and muscle fatigue.

Wheat grass juice is a good way to improve your energy, build up your immune system, and increase your stamina. It should be incorporated into everyone's diet as a rich source of nutrition.

Fresh juice is available at Emerald Edge, 737 Cortland Avenue, Tuesday through Saturday, Noon-6pm. For more information call 647-6556.

St. Anthony's SHAREs with Bernal Heights

by Sister Maria Elena

St. Anthony's Parish continues to respond to the needs of the neighborhood, collaborating with various existing agencies in order to promote the human dignity of folks in the community. One such agency is the SHARE Program.

SHARE began at St. Anthony's in February of 1989, providing "more food for less money" every month. By paying just \$13 and donating two hours of community service work per month, a person becomes eligible to receive a package of food worth between \$25 and \$35. Folks who enjoy these benefits range from Seniors to newly arrived immigrants from Central America. The sign-ups

happen in front of St. Anthony's Church one Sunday a month from 9am to 1pm.

Elizabeth Egger was the "Prime Mover" of SHARE, in collaboration with Natalia Panameño. Elizabeth turned her job over to Jean and Shirley Nielson in June. Other active volunteers are Mable Zamacona, Flora Catlin, Shirley Nielson, Kathy Namba, and Luz Elena Magana.

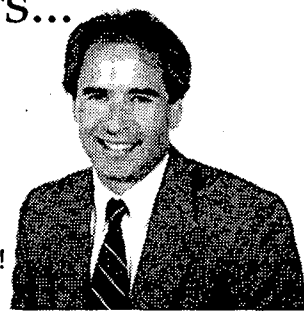
The two hour community service requirement is a very valuable aspect of the SHARE Program, and enhances the quality of life for everyone in the community. Some participants help at the SHARE Warehouse, bagging food or working on special projects. Others help with

some of the day-to-day operations at St. Anthony's Parish. The primary interest here is to invite people to save up to 60% on food and help the community, too.

SHARE is only one of the food programs in the St. Anthony's network. The Brown Bag Program, Emergency Food Box Program, and Project Open Hand, which delivers food to people with AIDS or ARC, are other ways in which the basic human need for food and caring are provided with a St. Anthony's special touch.

For more information about how you can join SHARE, or to volunteer with any of the food programs, call St. Anthony's Parish at 647-2704.

Bernal Homeowners... thinking of selling?



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...he owns real estate in Bernal!

...he can represent your home effectively!

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Call for an appraisal now!

334-1880

Astro-Rap

by Jessica Murray

On October 20th, the planet Mars goes retrograde and will stay on its backward path through the end of the year.

Do you have any planets in your horoscope at 14° Gemini or 27° Taurus?

These two degrees pinpoint the places at which Mars makes its apparent direction shifts in the sky. Martial symbolism rears its head forcefully whenever something in a person's chart gets triggered by one of these "stations".

Unfortunately for us, George Bush's midheaven (the part of his chart symbolic of his public image) will be prodded into action on the October 20 station, and he



will have to deal with the aggressive energy of Mars.

Whether these energies will come at him from the outside world or from within his own psyche, we do not know.

Astrology never reveals in what form an archetype will be played out. It only tells when it will occur, and why. The "Why" here for Mr. Bush involves his chance to learn how to handle militaristic urges with maturity and leadership.

For astrological classes and consultation, call Jessica Murray at 626-7795.

Happy Thanksgiving! November 22

Bernal Heights Recipes

Blueberry Marshmallow Dessert

by June Keith
Manager, Coleridge Park Homes

Here's a simple dessert that the whole family will love!

Melt the marshmallows and milk in the top of a double boiler. Stir until dissolved and set aside to cool. Whip the cream and add to the cooled marshmallow mixture.

- Filling**
- 1 lb. marshmallows
 - 1 cup milk
 - 1 pint whipping cream
 - 1 can blueberry pie mix

- Crust**
- 16-18 graham crackers, crushed
 - 3 Tablespoons butter

Make a crust of the crushed graham crackers and butter. Pat half the crust mixture into an 8" x 12" glass dish. Add a layer of the marshmallow blend, follow by a layer of the blueberry pie mix. Repeat. Sprinkle the remainder of the graham cracker crust mixture on top and freeze for a few hours. Delicious, and will keep for several days.

Send your favorite recipe to the *New Bernal Journal*, 515 Cortland Avenue, San Francisco, CA 94110.



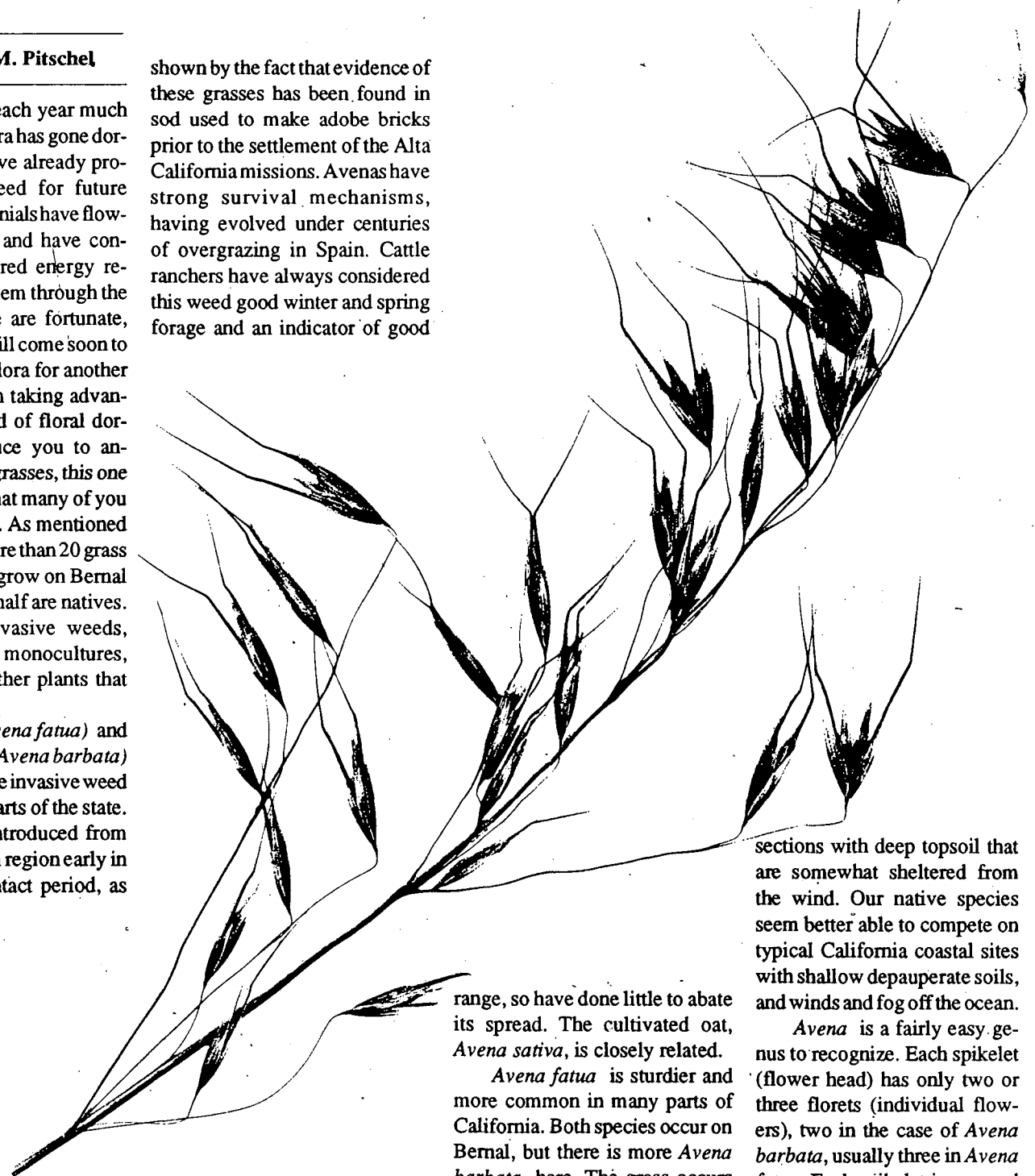
Bernal Hilltop Natural History: Recognizing Grasses, Part 3

by Barbara M. Pitschel

By Autumn each year much of California's flora has gone dormant. Annuals have already produced and set seed for future generations. Perennials have flowered and seeded, and have concentrated and stored energy resources to carry them through the dry season. If we are fortunate, our winter rains will come soon to help prepare our flora for another annual cycle. I am taking advantage of this period of floral dormancy to introduce you to another of Bernal's grasses, this one a weedy species that many of you already recognize. As mentioned in past articles, more than 20 grass species presently grow on Bernal Hilltop, of which half are natives. Others act as invasive weeds, tending to form monocultures, wiping out any other plants that get in their way.

Wild oats (*Avena fatua*) and slender wild oats (*Avena barbata*) are among the more invasive weed grasses in many parts of the state. Wild oats were introduced from the Mediterranean region early in the European contact period, as

shown by the fact that evidence of these grasses has been found in sod used to make adobe bricks prior to the settlement of the Alta California missions. Avenas have strong survival mechanisms, having evolved under centuries of overgrazing in Spain. Cattle ranchers have always considered this weed good winter and spring forage and an indicator of good



Avena Barbata

range, so have done little to abate its spread. The cultivated oat, *Avena sativa*, is closely related.

Avena fatua is sturdier and more common in many parts of California. Both species occur on Bernal, but there is more *Avena barbata* here. The grass occurs on most parts of the hill, but is most likely to be found along disturbed trailside areas and in

sections with deep topsoil that are somewhat sheltered from the wind. Our native species seem better able to compete on typical California coastal sites with shallow depauperate soils, and winds and fog off the ocean.

Avena is a fairly easy genus to recognize. Each spikelet (flower head) has only two or three florets (individual flowers), two in the case of *Avena barbata*, usually three in *Avena fatua*. Each spikelet is encased in two glumes (bracts), which are longer than the flower parts. The flowers, however, are

tipped by long awns (hairs) that protrude above the glumes.

In San Francisco wild oats begin blooming in February and continue into May or June. After the seeds have dropped all you will see are the pairs of empty glumes, which remain on the plant through most of the year. These can be used for identification purposes.

Weed eradication efforts to control this grass are presently limited to attempts to curtail it in specific situations. We do try to pull outliers that crop up in or adjacent to relatively pristine plant communities, especially on the west slope. We are also mounting an effort to control this and other weedy grasses within the restoration test plots, where it is seen that their demand for water, nutrients, and root space is choking some of the native plants that we are trying to reestablish. This needs to be balanced with leaving sufficient cover to protect newly establishing natives during the drought season.

To learn more about the species and interactions that make up our little urban ecosystem, and to help with their preservation and restoration, join us at work parties on the third Sunday of each month. Meet by the gate at the foot of the road to the phone company microwave tower at 11am on October 21, November 18, and December 16 if you would like to participate. Please bring clippers. For further information call me at 282-5066.

Youth news

The Alemany Girls Career Club

by Cathy Sweetser

On Wednesday, August 22, the Alemany Girls' Career Club had its first annual banquet at Bruno's Restaurant to celebrate a year's work together. Attending the banquet were Career Club members Theresa Greene, LaDiamond Harvey, Shanita Mack, Lacrecia Hicks, Stephanie Gazaway, Jenea Holmes, Rebecca Harrison, Tai Mapu, Dyesha Sampson, and Lateka Irving. (Unfortunately, Tiffany Wilson, one of our most active members, was unable to attend.)

Guests included mothers, grandmothers, big sisters, older friends, volunteers from the Alemany Tutorial, community leaders, and the professional women who have visited the girls at the Tutorial and hosted them at their places of work.

After a delicious dinner, we discussed ways that we could continue to serve as a support group for the girls who attend the Tutorial regularly, and have been Career Club participants.

The Career Club provides the opportunity for Alemany girls to meet women, particularly African-American women, in different kinds of careers, who can serve

as role models. Some of the women have come to the Alemany Community Center to meet with the girls, while others have invited the Club to their place of work and talked with them there.

Our first visit was to Jeannette Jenelle, a Secretary at Baker McKenzie, a downtown law firm. Theresa, LaDiamond, and Tiffany operated Jeannette's word processor and sent messages to a nearby work station on the in-office message machine. All the girls were excited about being secretaries, but Ms. Jenelle surprised them all by saying, "It's good to be a secretary, but you could also have a secretary!"

Naja Williams from the Mayor's Office of Housing visited the Alemany Center and discussed her work, her education, and her career history. She talked about how much fun it is to be single, and have a good job, a nice apartment, and plenty of free time. Although her work was a little too technical for us to understand, we were all inspired by meeting a young attractive woman who is doing what she wants.

When we travel to businesses, we usually go in groups of three. We have visited P.G.&E., Bank of America, Mother Jones Maga-



The Alemany Girls Career Club comes to order. Theresa Greene, Stephanie Gazaway, Tiffany Wilson, Lateka Irving, and LaDiamond Harvey are preparing for their future right now by investigating exciting career opportunities.

zine, and City Hall. The girls enjoy seeing what people do for a living, and are especially interested in computers. We hope to visit a TV studio in the near future.

People in the Bernal Heights community have been very helpful in referring the Career Club to women we might call upon. At the Community Congress in March, we met Carol Jausch from P.G.&E. Community Relations. She is able to take the girls on field trips as part of her job, and has been a great asset to the Career Club.

We are still interested in suggestions. Let us know if you are a woman willing to share your work

for an hour or so with three young girls. Maybe you know someone who might like to help. We also need volunteers chaperones for field trips.

Now that the girls are interested and motivated, we need volunteers willing to assist them in the day-to-day business of being organized, doing homework, and learning to use our new Apple computers and software. And, of course, we need a male volunteer to start a Boy's Career Club. All kids, not just the Career Club, need to meet adult role models who will take an interest in them.

To find out how you can help, call Cathy Sweetser at 648-3099.

My Grandma

by Reina Veronica Fierro

I like my Grandma, Miss Ogilvie. She is a very sweet grandma. She is there when you need her. I love her very much.

I don't love her because she gives me things. I love her because she is a very very responsible Grandma and a very good one too. I think of her more like a mom. And let me tell you something: She is the one and only best cook.

Happy Birthday, Grandma!



Yo, dudes and dudettes! If the Simpsons, America's new clear family, can get a grip on their TV watching, so can you.

TV Guidance: Using Program Guides To Help Children Use TV

by Alfred P. Kielwasser, MA and Michelle Wolf, PhD

Concerns about America's most popular medium take on a particular urgency and invective when children are the viewers. All that violence! All that sexual innuendo! All that eye strain! Surely, we groan, this can't be good for children. But what is true for adults, in this case, is also true for kids. We need to look at what our children are doing with the medium. What they do with TV largely determines what TV does with them.

Most parents have already found ways to control the quantity of television that their children consume. But what about the quality of that programming? How can parents help children make qualitatively better uses of television? One answer is rather

obvious, yet often overlooked.

To deal with what your children watch, you can begin by helping them make more careful program selections; to do more than simply hit a button and hope for the best.

Children can learn how to use some often ignored "reference books": *TV Guide*, *TV Week*, *TV Guia*, and the like.

Children can come to understand that they have specific choices and decisions to make regarding their

TV viewing, and program guides are the sources they should be taught to use in order to make these decisions effectively. Learning to use TV listings demystifies the medium for your child, so that television programming does not appear to be an endless flow of disconnected imagery.

Furthermore, the ability to make informed choices concerning what to watch, rather than simply to watch, explicitly empowers the child viewer. That empowerment, in the context of developing additional critical viewing skills, will go a long way toward helping children to become better television users. At least, it's a good start.

Here are a few teaching tips that have evolved out of our workshops with children and their caretakers:

Tip 1: Demonstrate to your child that a program listing is useful not simply for locating favorite programs, but for discovering new programs as well.

Tip 2: Take time with your children to plan out a week's (or even an evening's) worth of viewing. Before beginning, explain to your child that the idea is to try to include familiar as well as unfamiliar programs.

Tip 3: Naturally, the child's plan will differ from yours, and it is important to

refrain from being overly critical of your child's preferences. Discuss your choices with one another as you try to come up with an agreeable viewing plan.

Tip 4: Establish a "maximum viewing limit" for each day of the week, and help your child understand how selecting various programs subtracts from that limit through the adding up of various program lengths (this a good way to get in a little basic math practice as well!). Give this limit-list a catchy—yet comprehensible and positive—name, such as *My TV Diet*, or *My Television Bank*.

Tip 5: Try to use all of the various features that publications like *TV Guide* provide, including program descriptions and background articles. Older children might be interested in reading program reviews that appear along with the listings in most daily newspapers.

Tip 6: Be sure to investigate and use a variety of listings. Local papers often include TV schedules in their *Datebook* or *Lifestyle* sections. Grocery stores and laundromats typically distribute free, specialized TV logs (such as the Spanish-language booklet *TV Guia*), and cable companies and PBS stations often publish magazines that contain their program schedules; for example, *San Francisco Focus* is produced by KQED and *TV Host* by Viacom Cable.

The most important tip, of course, is: remember to have some fun when teaching your child how to use program schedules. A creative activity that we've found useful with some of the children in our workshops involves having them create their own versions of

the program guides used in their homes. Once they have learned how to consult a viewing schedule, children can develop a list of their selections for the week in the form of a miniature TV Guide. They can then use their own guide to plan viewing, and, also, to make notes about what programs they found good or bad, so that they can make even more informed program choices next week.

With so many children viewing for so tremendous an amount of time, it makes ample sense to help them learn, as soon as possible, how to make thoughtful, considered, and informed viewing selections. Of course, some television programming is probably not healthy for your child, and excessive viewing is never a good idea; learning to use a simple resource like *TV Guide* will not solve every problem. Nonetheless, teaching children to use program listings most certainly helps them to take some control over an increasingly potent and persuasive force in their lives. All it takes is a little "TV guidance".

Author Notes: Alfred P. Kielwasser (M.A., SF State University) lives in Bernal Heights and has taught at USF and SF State U. Michelle Wolf (Ph.D., University of Texas at Austin) teaches at SF State U. They have created workshops on children and television designed to help parents, teachers, and child-care providers understand how children use and make sense of TV. Their book *Gay People, Sex and the Media* was recently published by the Haworth Press (Binghamton, New York).

Senior news



At the fabulous Fiesta Tropical last August 24, Carmen Morales sang the beautiful ballad, "Amor", ably accompanied by Nutrition Site Manager Hector Silva on the keyboards, and Youth Job Coordinator José León on bass.

Senior Activities for October & November

Free Blood Pressure Check, Thursday, October 11th, 9:30am. Monitor your blood pressure monthly with this free check up.

SF Waterfront Boat Tour, Thursday, October 11th, 1:00-4:30pm. A free tour of SF's historical waterfront. Sign up now!

Celebration of the Americas, Friday, October 12th at 11:00am. Multi-cultural celebration. Song, dance, skits & ethnic potluck.

Senior Garage Sale on Saturday, October 13th, 10:00 - 2:00. Part of the BHCF Hillside Garage Sale, the Senior Garage Sale will be held at 515 Cortland Avenue. We will gladly accept donations for the sale!

Legal Talk: Wills, Monday, October 15th, 11:30am. Attorney advice on how to prepare wills and questions answered about wills.

Heart & Heart Care, Wednesday, October 17th, 12:45pm. UCSF presentation on healthy ways of taking care of your heart

Bay to Breakfast Senior Walk, Thursday, October 18th, 9:15am-2:30pm. Sign up for a van ride to Golden Gate Park for this annual walk, prizes, and entertainment. Pre-reg: \$3 or \$5 day of the walk.

Influenza-Prepare for the Flu, Monday, October 22nd, 11:00am. Health Ctr. #3 presentation on staying healthy during flu season.

Birthday Party & Dance, Monday, October 29th, 10:00 - 2:00 pm, St. Kevin's Church Hall on Ellsworth St. and Cortland Ave. All swingin' seniors 60+ are invited to enjoy the live music!

Halloween Party & Dance, Wednesday, October 31st, 12:45pm. Come in costume and win a prize! Treats & great dance music.

Veteran's Day Remembrance Ceremony, Friday, November 9th, 11:00am. Our vets will be honored and will share their experiences.

Hágase un Mamograma

Dese Usted mismo la Oportunidad de por vida

Traducida por:
Stella Loaisiga

Un mamograma es una dosis pequeña de rayos-X que ayuda a su doctor "ver" con anticipación el cancer en el pecho antes que aparezca una protuberancia, cuando las posibilidades de cura son casi 100% seguras. Puede salvar su vida y su pecho. Aunque no es perfecto, el examen del busto es lo más efectivo para detectar el cáncer en el pecho. La Sociedad Americana de Cáncer recomienda que las mujeres mayores de 50 años se hagan un Mamograma cada año. Un Mamograma es solamente parte de la lucha contra el cáncer del pecho. las mujeres deben examinar regularmente su busto y a la vez examinados por su doctor.

Algunas de las señales de cáncer son: Cambio en el intestino o irregularidades en la

vejiga.

Un dolor que no se quita, Hemorragia o secreción poco común, Hinchazón o bulto en el busto u otro lugar, Indigestión o dificultad al tragar, Aparición de repente de una verruga o lunar, Tos irritante o carraspera.

El Día de la Salud para el Busto, será en el Centro de Salud #1 en 3850 - Calle 17 en San Francisco, le dará información gratis, presentaciones y consultas sobre la salud y cáncer del pecho, el día Sábado,

20 de Octubre de 9:00 - 3:00 pm. Los Mamogramas estarán disponibles por solo \$10.00 para mujeres mayores de 40 años que sean de bajos ingresos.

Para mayor información, llamar a:

The Women's Cancer Network **554-9750.**

Have A Mammogram

Give Yourself The Chance of a Lifetime

A mammogram is a low-dose x-ray that helps your doctor "see" breast cancer before there's a lump, when the cure rates are near 100%. It could save your life and your breast. Although not perfect, mammography is still the most effective weapon in the early detection of breast cancer. The American Cancer Society recommends that women 50 and over have a mammogram every year.

A mammogram is only part of the fight against breast cancer. Women should regularly examine their breasts and have them examined by their doctor as well.

Some of the warning signs of cancer are:

- Change in bowel or bladder habits
- A sore that does not heal
- Unusual bleeding or discharge
- Thickening or lump in breast or elsewhere
- Indigestion or difficulty in swallowing
- Obvious change in wart or mole
- Nagging cough or hoarseness

If you have any of these symptoms, or have any questions, see your doctor.

Breast Health Day, held at Health Center #1 at 3850 - 17th Street in San Francisco, will provide free information, presentations and nurse consultations about breast health and cancer on **Saturday, October 20th** from 9:00 - 3:00pm. Mammograms will be available for only \$10.00 for women over 40 who are low income.

For complete information, call The Women's Cancer Network at **554-9750.**

More Senior Activities

Reno Trip, Sunday & Monday, November 11-12. Only \$35 for a roundtrip deluxe bus and accommodations in the World's Biggest Little City.

Birthday Party & Dance, Monday, November 26th 10:00 - 2:00 at the St. Kevin's Hall on Ellsworth St. & Cortland Ave. Enjoy live music and dancing at this monthly event for all senior citizens.

All activities are held in the Bernal Heights Neighborhood Center at 515 Cortland Avenue and are admission free, unless noted. For complete listing of activities or info: Bernal Heights Senior Program at 648-0330

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Classified Rates: \$3.00 for three lines, and 50 cents for each additional line. To place a classified ad, call 648-0330.

Accounting/Taxes: Easy-to-talk-to CPA will take care of all your financial needs. Accounting services, Investments, Incorporations, Partnership Agreements. We specialize in small businesses and individuals. Very reasonable rates. 1/2 hour FREE consultation. 10% discount when you mention this ad! Call 282-7955.

Window Repairs: Broken glass, ropes, and putty replaced. Weatherstrip doors, small carpentry and painting jobs. I am always on time. City Window Service. 337-9327.

Tahoe Fall Getaway! Beautiful Tahoe home in prestigious Incline Village, North Shore. Near Squaw Valley, Alpine, Heavenly, and South Shore Casinos. Large kitchen, 3 bedrooms, 2 baths, steam/sauna room, living room with fireplace, 2 decks, garage, all appliances and laundry. **Book Early for Ski Season!** 282-7955.

The Travelling Mechanic: Tune-ups, brakes, general repairs, foreign and domestic. 15 years experience. All work guaranteed. House calls. \$40 per hour. Licensed and certified. Georgio. 864-5747.

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Amir Window Washing Company: Free estimates, inside, outside, homes, shops, all glass. Neat and reliable. Call 826-8958. Ask for Amir.

Charming Studio Cottage for rent: New appliances, garden, private entrance, near 24th Street BART station, \$650/month. Call 282-7955.

Signs: Hand-lettered. Big & small, indoors or out, plain, ornate. You'll like 'em. Guaranteed. Tom McIntyre, 625-2624.

Real Estate Service provided by a Bernal Heights resident who cares about the Community! 5% of my commission from your purchase or sale of Bernal Heights Property will be donated to the Bernal Community Organization of your choice! Call Evan Gerling, Hartford Properties, 863-7500, ext. 113, for more information.

**November 6 is
Election Day
Don't forget to vote!**



Joel Ventresca FOR SUPERVISOR

A Proven Neighborhood Leader for the 1990's

Joel Ventresca, neighborhood activist and past president of the Coalition for San Francisco Neighborhoods, has spent most of his adult life working to improve the quality of life in San Francisco. Joel has a 15 year record of accomplishments:

- Served as a leader in the citizen's initiative fight that resulted in the adoption of the most restrictive growth control measure in the nation.
- Helped build the largest community-based recycling program in the region.
- Pushed successfully to keep every neighborhood library open.
- Fought for the passage of the Two-Term Limit for Supervisors.
- Spearheaded the effort to reject the expensive, unnecessary downtown stadium proposal that saved the city \$100 million in public funds.

Endorsed by San Francisco Tomorrow,
the city's leading environmental organization.

Join us in electing a neighbor to City Hall:

Jack Morrison
Social Services Commissioner
John Lo Schiavo
USF President
John Riordan
Community College Board
Tony Sacco
Fire Fighters Local 708
Espanola Jackson
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Retired, Board of Supervisors
Michael Hamey
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Jake McGoldrick
Vice-Pres. of Rent Board

Mark Northcross
Investment Broker
Rosa Miriamini
Nuclear Free Zone
Cesar Acarranza
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Zach Cowan
Environmental Attorney
John Garcia
Local 2 Field Representative
Richard Hart
TV Broadcaster

Sue Caution
Telegraph Hill Dwellers
Marie Cleahy
Pacific Heights Resid. Assn.
Matt Ellinger
Bayview Hill Neigh. Assn.
David Hooper
New Mission Improv. Assn.
Joe Maloney
Pres. Sunsetside Neigh. Assn.
Francis McNamara
Pres. Lakeshore Acres
Improv. Club
Jake Mudrock
Lincoln Park Neigh. Assn.
(Partial List)

Make contributions to Ventresca for Supervisor, 202 Grant St., SF CA 94117 (415) 731-1434, ID#900375

Bernal Bulletin Board

The Family Planning Clinic at San Francisco General Hospital serves women and men throughout the Bay Area on a sliding scale low-cost basis. We need clients now! Services include gynecological care to healthy women, pre- and post-abortion counseling, contraception, tubal ligations, vasectomies, and abortions for those who need them. Translation services in Spanish and Chinese, with other languages available on request. Some evening and weekend appointments. Call 648-6300, Monday through Friday, between 9am and 5 pm. We also need volunteers! If you're interested in helping, call 821-3050.

La Clínica de Planeamiento Familiar en el San Francisco General Hospital sirve a mujeres y hombres a través del Bay Area en base a una escala favorable de bajo costo. Necesitamos clientes! Los servicios incluyen cuidado ginecológico para mujeres, charlas pre y post-aborto, anticonceptivos, ligación de tubos, vasectomías, y abortos para aquellos que lo necesitan. Servicios de traducción en Español y Chino, al igual que otros idiomas según se requiera. Algunas citas por las tardes y fin de semana. Llamar al 648-6300 de Lunes a Viernes, entre 9 am y 5 pm. También necesitamos voluntarios! Si Ud. está interesado en ayudar, llamar al 821-3050.

The Robert Louie Family Cancer Support Program is for children with cancer and their

families. Meet other children who have cancer, their siblings, and parents. Share your thoughts and feelings and exchange information. The next meetings are scheduled for October 10, October 24, November 7, and November 28, UCSF/Laurel Heights, 3333 California Street, 6:30-8:15 pm. Free of charge and open to all. For more information call Better Health Programs at 775-5921.

Annual Halloween Carnival: Mission YMCA, 4080 Mission Street, Wednesday, October 31, 5:30-8:30pm. Admission \$1, Activity Tickets only 25 cents each. Haunted house, costume contest, magician, games, raffle, food, treats, and surprises. This event is an opportunity for a safe and fun-filled Halloween. For more information call the YMCA at 586-6900.

Carnaval Anual Del Dia de las Brujas: Mission YMCA, 4080 Mission, Miércoles, Octubre 31, 5:30-8:30pm, Admisión \$1, Tickets para la actividad solamente 25¢ cada una. Casa embrujada, concurso de disfraz, magia, juegos, rifas, comida, regalos y sorpresas. Este evento es una oportunidad para disfrutar de n Dia de las Brujas seguro y lleno de diversión. Para mayor información, llamar a YMCA al teléfono 586-6900.

Coleridge Park Homes: Big Celebration. Our first year at Coleridge Park Homes has been most enjoyable. Everyone is settled in and happy to be a part of the Bernal Heights Community. On October 24, we will be celebrating our First Anniversary with a potluck dinner to be held in our community room. We invite all of our friends and neighbors to join us. Everyone is asked to bring a cold or hot dish to share. If you are interested in attending or volunteering to assist, please call June Keith, Manager, at 821-3363.

Gran Celebración!! Nuestro primer año en Coleridge Park Homes ha sido muy agradable. Cada quien se ha establecido y está feliz formar parte de la comunidad de Bernal Heights. El 24 de Octubre estaremos celebrando nuestro primer aniversario con una cena pot-luck que se llevará a efecto en nuestro salón comunitario. Invitamos a todos nuestros amigos y vecinos a que nos acompañen. Se les pide traer un plato frío o caliente para compartir. Si usted está interesado en asistir o se ofrece como voluntario, favor llamar al Gerente June Keith, 821-3363.

Mission District Murals Walking Tour: October 20, November 3 and 17, 1:30-3pm. Offered by Precita Eyes Mural Arts Center, 348 Precita near Folsom, a non-profit community based mural center. Admission \$3 general, \$1 students and seniors. Classes and group tours are also available. For more information call 285-2287.

Recorrido por los Mueles del Distrito de la Mission: Octubre 20, Noviembre 3 y 17, 1:30-3pm. Ofrecido por el Centro de Artes Murales de Precita, 348 Precita cerca de Folsom, un centro mural basado en una comunidad no-lucritiva. Admisión general \$3, estudiantes y ancianos \$1. Clases y grupos turísticos están disponibles. Para mayor información, llamar al 285-2287.

Good Health for Pets and Their People: a free community forum. October 19, 6-9pm, Bernal Heights Neighborhood Center. Topics include: The Dangers of Chemicals in Insecticides and other Household Products; The Immune System; Dealing with Allergies; and more. Speakers will be noted veterinarian Dr. Cheryl Schwartz; Jeanette Conley, R.N.; Phil Zamora, Animal Herbalist; and Ron Lippert, A.H.T.

Fall Drought Help for Gardeners: Free class in water-conserving drip irrigation. Saturday, October 13, at 10:30am, The Urban Farmer Store, 2833 Vicente at 40th Avenue. The 90-minute class will be taught by Tom Bressan, member of the Landscape Advisory Committee for the San Francisco Water Department, and author of books and articles on drip irrigation. To reserve your spot, or to find out more information, call 661-2204.

"Hands Around the Bay Masquerade Ball": Halloween Party for Developmentally Disabled: Volunteers and Sponsors needed. Thursday, October 25, 10:30am-1pm, Golden Gate Park's County Fair Building (formerly the Hall of flowers). Over 400 developmentally disabled children and adults from throughout the Bay Area. Persons or organizations interested in helping should contact Don Ybareta or Cynthia Ayala Brown weekdays at the Recreation and Park Department, 666-7043.

"Manos Aldredor de la Mascarada de la Bahia": Fiesta del Dia de las Brujas para los discapacitados en desarrollo: Voluntarios y Patrocinadores se necesitan. Jueves, Octubre 25, 10:30am-1pm, en el Edificio de Ferias del Condado, Parque Golden Gate (Inicialmente el Salón de las Flores). Más de 400 niños y adultos discapacitados en desarrollo de toda el Area de la Bahía. Personas y organizaciones interesadas en ayudar, pueden contactarse con Don Ybareta o Cynthia Ayala Brown durante la semana en el Departamento de Parque y Recreación, 666-7043.

Invest in Success: a Parent Conference sponsored by the San Francisco Unified School District, October 13, 9:00am to 1:30pm, Dr. Martin Luther King, Jr. Academic Middle School, 350 Girard Street. Underwritten by

the Chevron Corporation. Workshop Topics include: Building Self-Esteem, Disciplining Your Child, Stress Management, Choosing a School for Your Child, and others. Interpreters will be available at the sessions. Free childcare provided for those who preregister. For more information contact your child's school or The Parent Information Center at 241-6529.

Invierta en Algo Provechoso: Una Conferencia para Padres de Familia patrocinada por el Distrito de Escuelas Unificadas de San Francisco. Octubre 13, 9am a 1:30pm, Dr. Martin Luther King, Jr. Academic Middle School, 350 Girard. Suscrita por Chevron Corporation. Tópicos incluyen: Construyendo Auto-Estimación, Disciplinando a su Niño, Manejo del Stress, Escogiendo una Escuela para su Niño, y otros. Habrá intérpretes disponibles en las sesiones. Si dará cuidado gratis para niños de los que se registren con anticipación, contactarse con la escuela de su niño o con el Centro de Información para Padres de Familia, al teléfono 241-6529.

"Party with a Heart": Saturday, October 13, at San Francisco General Hospital, 10am-4pm. Celebrates more than a century of partnership between San Francisco General Hospital and UC San Francisco. Many Bernal Heights residents are involved. Free admission. Live music, family entertainment, health fair, tours of operating rooms, hi-tech medicine and research, over 100 community re-

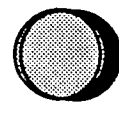
source booths, ethnic foods. 1001 Potrero Avenue (between 21st and 23rd Streets). Take MUNI bus lines 33 Stanyan, 9 San Bruno, and 48 Twenty-fourth Street. BART at 24th and Mission. Limited parking. For more information call 476-3954.

"Fiesta con el Corazón": Sábado, Octubre 13, en el S.F. General Hospital, 10am-4pm. Celebrando más de un siglo de participación del S.F. General Hospital y UC San Francisco. Muchos residentes de Bernal Heights están involucrados. Admisión gratis. Música viva, entrenamiento familiar, feria de salud, recorrido por los cuartos de operación, medicina de alta tecnología e investigación, más de 100 casetas comunitarias, comidas étnicas. 1001 Potrero Avenue (entre 21 y 23 calles). Tome el MUNI 33 Stanyan, 9 San Bruno, y el 48 Veinticuatro Calle. BART en la calle 24 y Mission. Parqueo limitado. Para mayor información, llamar al 476-3954.

Project Open Hand: volunteers are needed to deliver prepared food to persons with AIDS/ARC who live in the Mission District. If you can help once or twice a month from 4-6pm, call Sister Maria Elena at St. Anthony's Parish, 647-2704.

Proyecto Mano Abierta: Se necesitan voluntarios para entregar comida preparada a personas con AIDS/ARC que viven en el distrito de la Mission. Si usted puede ayudar una o dos veces al mes de 4-6pm, llamar a la Hermana Maria Elena en la Iglesia de San Antonio, 647-2704.

NUCLEAR INDUSTRY HITTING THE PANIC BUTTON?



Certainly looks like it. Despite that no new U.S. nuclear power plants have been built for a dozen years and old ones are shutting off/melting down, thousands of people are sick and dying. Dying of radiation cancers due to cover-ups and accidents at Hanford, Three Mile Island, and Savannah River -- just to mention a few. And in San Francisco, the Presidio's incinerator, allegedly used for disposing radioactive research animals, emits 2% of its radioactive waste into our biosphere. Many don't know that the Farallone Islands -- just miles from San Francisco beaches -- have suffered irreversible damage due to radioactive dumping. Or that the impact of Navy radiation experiments at Bayview Hunters Point is still to be determined. Our local economy is hooked on a deadly industry, making less sense every day. Is Highway 101 is a nuclear accident waiting to happen? The last thing a city on a fault line needs is plutonium on its streets. And yet, the nuclear weapons industry is spending hundreds of thousands of dollars urging you to vote against a nuclear free San Francisco. Do they have your health and safety in mind, or just their profits?

Vote Yes on E Make San Francisco Nuclear Free

To volunteer and/or make a contribution, contact: SFNFZ for Prop E 397-1458 • 942 Market Street • Suite 202 • San Francisco, CA 94102

Regina Endrizzi, Treasurer • Campaign I.D. # 900918
Supporters: Abalone Alliance, American Friends Service Committee (AFSC), ARC (Arms Control Research Center), Bay Area Peace Test (BAPT), District 7 Democratic Club/Bayview Hunters Point, Earth Island Action, Greater Mission Democratic Club, Gray Panthers, Green Party of California, Greenpeace Action, International Indian Treaty Council, National Coalition to Stop Food Irradiation, National Lawyers Guild, National Organization for Women (NOW), Peace Navy, Physicians for Social Responsibility, SANE/FREEZE, San Francisco Anti-Apartheid League, San Francisco Greens, San Francisco Mine Troupe, San Francisco Rainbow Coalition, San Francisco Tomorrow, Women's Action for Nuclear Dismament, The Women's Foundation, Women's International League for Peace and Freedom (WILPF), David Brower, Ram Dass, Lawrence Ferlinghetti, Allen Ginsberg, Grace Slick (partial listing)

VOTE NO ON PROPOSITION E!

Proposition E is not a statement against nuclear war or nuclear power. Proposition E is a Charter Amendment which will create a 9-member ELECTED Commission with sweeping powers to regulate purchasing and investment for the City, hire a staff, and place more ordinances and charter amendments on the ballot. This commission may even force the City to purchase goods at higher than market prices.

Worst of all, this commission carries a **pricetag of more than \$7 million per year!** We simply cannot afford it. In these times of budget cuts and increased taxes, Proposition E is an irresponsible, unnecessary Charter Amendment. **Vote NO on Proposition E!**

Proposition E is opposed by:

- | | |
|--------------------------------------|-------------------------------|
| Mayor Art Agnos | Assembly Speaker Willie Brown |
| School Superintendent Ramon Cortines | Supervisor Bill Maher |
| Supervisor Jim Gonzalez | Supervisor Willie Kennedy |
| Supervisor Tom Hsieh | City Treasurer Mary Callanan |
| School Board Member Leland Yee | CAO Rudy Nothenberg |

- San Francisco Democratic County Central Committee
- San Francisco Republican County Central Committee
- National Womens' Political Caucus - S.F. Chapter
- San Francisco Police Officers' Association
- District 8 Democratic Club
- League of California Cities
- San Francisco Taxpayers' Association
- San Francisco Chamber of Commerce
- Latino Democratic Club

Join us in voting NO on Proposition E!

MISSION BAY

The Homes, Parks and Jobs that San Francisco Needs.

Today Mission Bay is a run-down former railroad yard on San Francisco's waterfront south of the Bay Bridge.

But tomorrow Mission Bay can become a vibrant, liveable neighborhood, like other great San Francisco neighborhoods.

A neighborhood with a heart of green.

A neighborhood of homes, shops, offices, school and childcare centers, cultural and community facilities—all encompassed by waterfront parks, playgrounds, a restored creek and wetlands.

Mission Bay will be much more than just a unique place for those who live or work there. All San Franciscans will benefit from the creation of a new neighborhood.

As the largest stretch of undeveloped land in San Francisco, Mission Bay is an unparalleled opportunity to solve the City's longstanding shortages of affordable housing, open space, and employment and economic opportunities.

Mission Bay will provide the housing, parks and jobs that San Francisco needs now and into the next century.

The public benefits of the new neighborhood include:

- 273 of its 313 acres devoted to housing, parks, streets and community facilities.
- Over 8,250 homes ranging in size and style from studio apartments to three and four bedroom flats and townhouses. Over 3,000 of them will be permanently affordable for families with annual incomes beginning at \$15,000 a year. An additional 250 housing units elsewhere in the City will be generated by the project.
- 68 acres of public parks and open space.

- An 11-acre restored wetlands on the Bay.
- Over 20,000 permanent jobs, with preference given to San Francisco residents.
- Job training and economic development programs for women, minorities and locally-owned businesses.
- Over \$200 million in surplus revenue to the City in the first 30 years.

"This project will serve to combine much that is most attractive about our city. Mission Bay deserves all our support. This fine project embodies San Francisco resurgent."

San Francisco Chronicle, September 2, 1990

- Hundreds of small business opportunities and a traditional San Francisco shopping street.
- Public facilities, including childcare and senior centers, a school, fire and police station, theater and community center.
- Cleanup of toxics.
- Street, MUNI and Port improvements.
- Every building designed for earthquake safety, and energy and water conservation.

The Mission Bay neighborhood is the product of the most open and comprehensive planning process in the City's history, involving ten years of design planning and citizen involvement.

Proposition I, on the ballot this November 6th, will allow plans for the Mission Bay neighborhood to proceed. The ballot measure amends the 1986 Proposition M in order to allow the building of offices at Mission Bay in conjunction with housing, parks and other neighborhood improvements.

By voting YES on I, you can participate in the creation of a new neighborhood for San Francisco's future.

YES ON I